

Put to suply your pipkins boyle a good kind lege of
beefe to change your pipkins with a lited whit wine
and 3 blades of mace but scume of your fat and stra
ine it and so it will serue you

Take a pound of french barley and boyle it by it selfe
and shift it once then put in your muten and boyle it till
it be boyled enough and when you see it is thickned en
ough put large mace take it up with a lited whit
wine with Raisons so serue it

Jan To preserue cherys

Take the fairest cherys cut of the tope of the stalks
and take ther waith in suger lay the cherys and suger
in a bason then kinge the Juice of a few cherys to melt
the suger then set them on the fire and boyle softly
shako them sume times

Jan A medison for a Sore or Canker in the mouth

Take a sponfull of the Juice of Rosmary a sponfull
of the Juice of Rue two sponfulls of the Juice of
saige 4 sponfulls of the Juice of saige wood bine
eight sponfulls of honey boyle all thes together a
nd then straine them then adde a quantity of Roche
allome and boyle that to a good thickness so use it
at anoynting the place with a fether often

Jan A medison for To make one sleepe

Take 4 sponfulls of good vineger 2 sponfulls of Rose wa
ter and so much plantan water 2 sponfulls of Roses put
as much quantity of crums of bread the powder of one
handfull of Roses leues dryed as you think will make the
lickor thick to lay upon a linen cloth and so lay it in
length ouer the fore head and tempeles from the one ore
to the other let the pacient lye upon his bedd making noe
noise and with in one quarter of an houre he will sleepe